

## PACIFIC ELEMENTARY SCHOOL DISTRICT

### Dear Pacific Families,

Pacific Elementary School District, fosters a culture that promotes the health, safety, and well-being of students, parents and staff. In an effort to continuously support this commitment, the district has partnered with Care Solace.

Care Solace is an online resource with a live 24/7 concierge meant to assist individuals in finding local mental health related programs and counseling services. Care Solace is a tool for school staff and families to connect with community-based mental healthcare resources and providers. Their proprietary care navigation system taps into a vast database of mental healthcare resources to find carefully vetted local therapists and programs in minutes.

### School district families and staff may access Care Solace services in two ways:

1. Call (888) 515-0595 to speak with someone from your Concierge team
  - Representatives are standing by to take your call or email 24/7
2. Visit your custom district link: [www.caresolace.com/nsla](http://www.caresolace.com/nsla)
  - Answer ten easy questions to receive an extensive list of referrals to applicable care providers. Care Solace takes into account all types of private insurance including Medi-Cal, Medicaid, and Medicare and those that have no insurance. The platform also filters by age, gender, zip code and special request.

Care Solace is now available for use by district families and staff at no cost. Care Solace does not require a name, address, phone number, or date of birth. All information entered on the Care Solace tool is completely confidential and securely stored.

Please note, this service is an optional resource available by choice and is not mandatory in any way. Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, please call 9-1-1 or the National Suicide Hotline 1-800-273-8255. If you are interested in seeking counseling-related services at this time, please consider visiting [www.caresolace.com/nsla](http://www.caresolace.com/nsla)

Warmest regards,

Eric Gross  
Superintendent  
Pacific Elementary School District

